

Lose Control SITs IV+0+1 (Sweetheart Wrap) Degr. of D.: average

Artist: Teddy Swims.; 3:30, Album: I've Tried Everything But Therapy (Part 1); (Gema: 34064779-001 . ISWC: T-318.820.882-0)

Choreo: Gabriele Langer (2026-08-22)

Sequence: Intro AB AB C Bmod B(1-8) Endg 6/8 Takt

Intro (Wait 2);;

(Fcg.no hds

Part A 2 Lunge Basics;; UA trn; Basic Eng (pkg up);
(facg) L Trn Insd Roll (COH); Op Basic (both fc RLOD); 2 Switches;;

Basic - (Manuver);; R Trn Outsd Roll (Wall); Basic Endg;
2 Twisty Basics;; UA Trn; Basic Endg (PU Low Bfly);

Part B 2 Travelling Cross Chasses - (pkg up to);; L Trn w/ Insd Roll; Basic Endg (COH);
(PU low) Twisty Basic; Sweetheart Wrap; Sweetheart Runs;;

Op Basic (LOD); 3 Switches (L-M-L);; UA Trn; 2 Op Basics;; Basic Endg;
(Pkg up)

Repeat AB (2 Lunge Basics...)

Part C L Trn Insd Roll; Basic Endg; 2 Lunge Basics;;
(PU) UA Trn; Basic Endg (pkg up); L Trn Insd Roll; Basic Endg;

Bmod 2 Lunge Basics;; Sd Basic; Rev UA Trn; 2 Lunge Basics;; UA Trn; Basic Endg (PU);
(Bfly)

B/Endg 2 Travelling Cross Chasses - (pkg up);; L Trn w/ Insd Roll; Basic Endg;
(PU low) Twisty Basic; Sweetheart Wrap; Sweetheart Runs;; Wk 2 Pt & Look;

III x Basic
III x Basic Ending
III x Lunge Basic
III x Op Basic
III x Rev UA Trn
III x Side Basic
III Travelling Chasse
III x Twisty Basic
III x UA Trn
IV Chg Sds UA Trn
IV Inside Roll
IV x L Trn with Inside Roll
IV Outsd Roll
IV x R Trn with Outside Roll
IV x Sweetheart Runs
IV x Switches
IV The Square
IV x Traveling Cross Chasse
V Arm to Arm
V Passing Cross Chasse
V Travelling R Trn
V Triple Traveler
VI Pull Pass

x Sweetheart Wrap
* Wk 2 & Pt